

IRONMAN®

125e

Owner's Manual Ironman 125e Elliptical

Customer Service

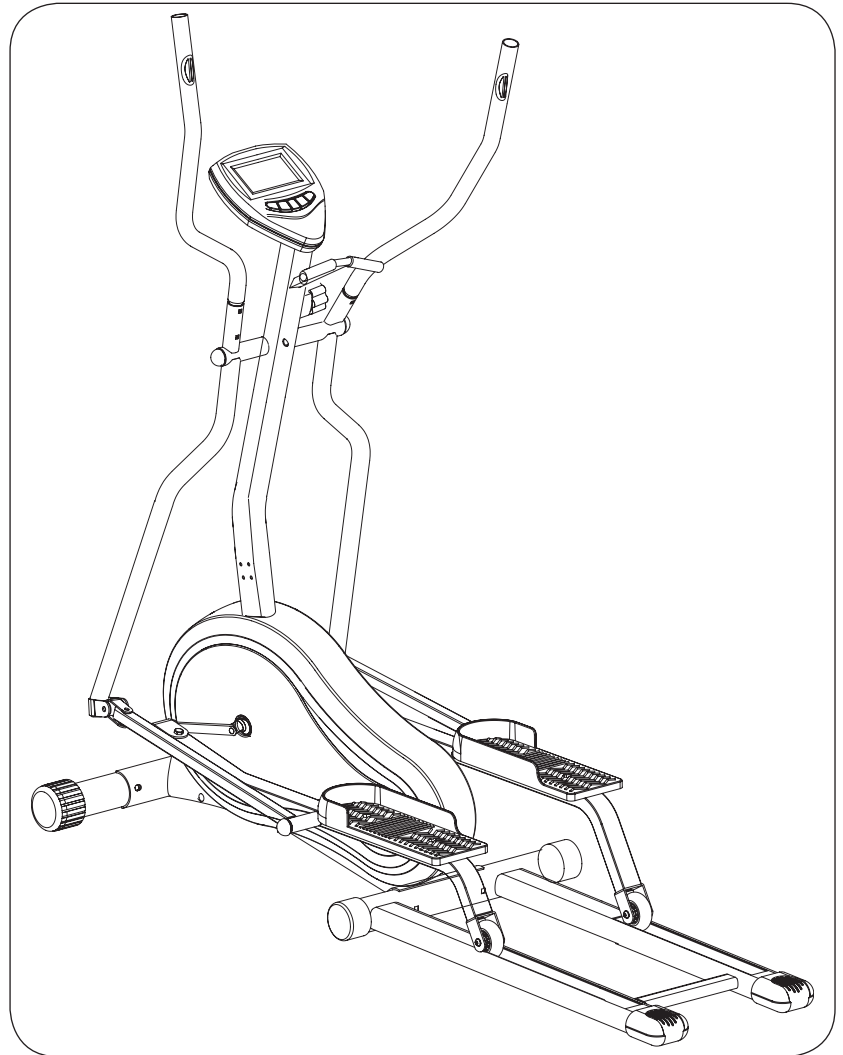
1.800.750.IRON
1.800.750.4766



4009 Distribution Drive
Suite 250
Garland, TX 75041

www.ironmanfitness.com

CAUTION! Read all precautions
and instructions in this manual
before using this equipment.



Model Name : 125E

Serial Number :

Write down for future reference

Serial Number Decal Location

**315-00123
Rev A 10/07**

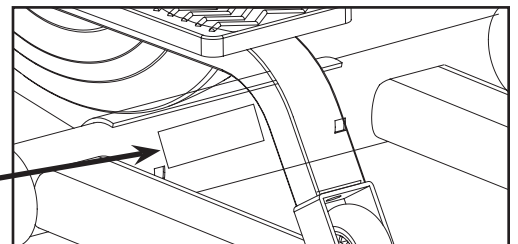


Table of Contents

Important Safety Information	3
Parts Identifier	5
Assembly	7
Console Instructions	11
Monitoring Your Heart Rate	14
Moving Instructions	16
Warm-Up Exercises	17
Parts List	20
Exploded View	21
Warranty Information	22

Important Safety Information

WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **250** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Ironman Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
5. Always examine your unit before using to ensure all parts are in working order.
6. Allow the unit to fully stop before dismounting.
7. Pets should never be allowed near the unit.
8. Do not leave children unsupervised near or on the unit.
9. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
10. Never insert any object or body parts into any opening.
11. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
12. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
13. Failure to follow these instructions will void the unit warranty.

Before You Start

Thank you for purchasing the **Ironman 125E Elliptical!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

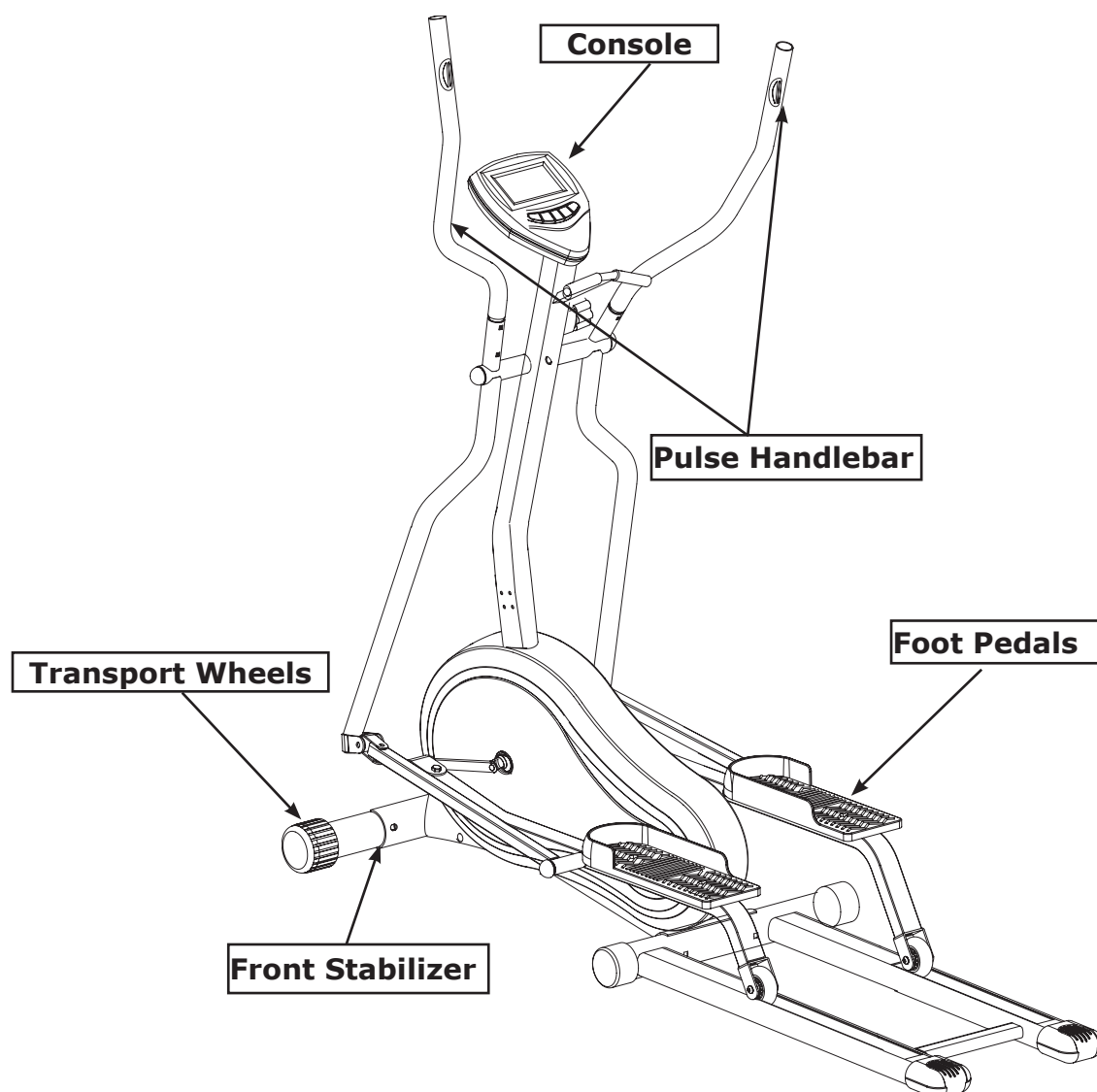
Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Ironman Fitness recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



INSTRUCTIONS FOR ASSEMBLY:

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

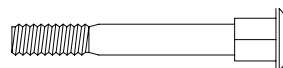
Locate the hardware pack and identify the following parts required for assembly.



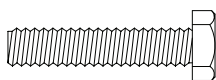
M8 Cap Nut(33)-4



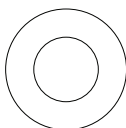
8X19 Arc Washer(34)-12



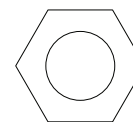
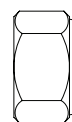
M8X70mm Carriage Bolt(35)-4



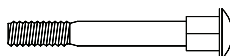
3/8" Nylon Locknut(47)-4



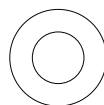
10*26*2.0 Washer(48)-4



3/8" Nylon Locknut(49)-4



M6X40mm Carriage Bolt(62)-4



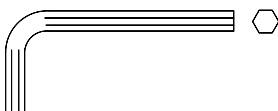
6*13*1.0 Washer(63)-4



M6 cap nut(64)-4



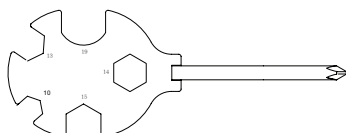
M8x15 Screw (65)-8



M5 Allen Wrench



M5 Allen Wrench



10x13x14x15x17x19 Screw Driver

Assembly Part Identifier

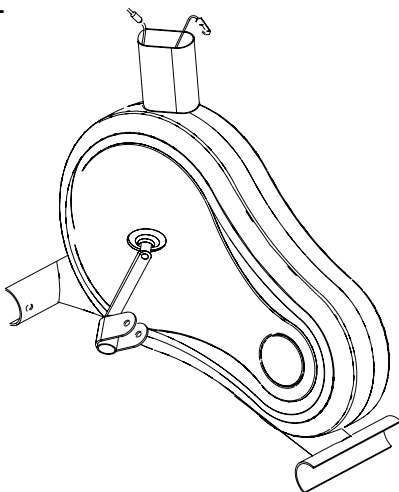
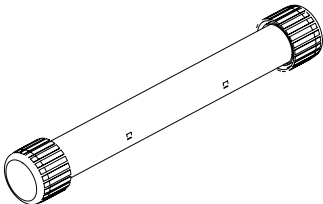
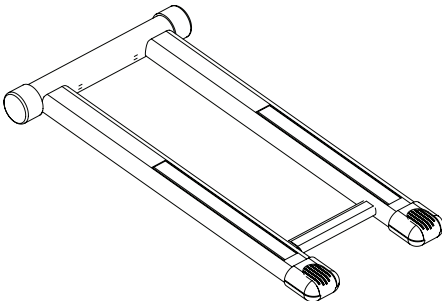
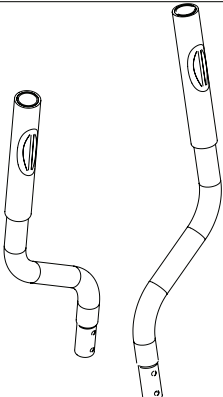
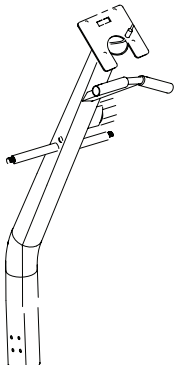
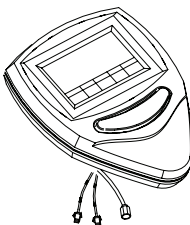
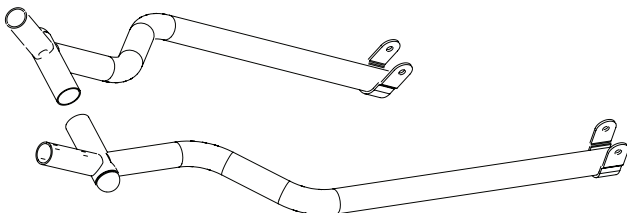
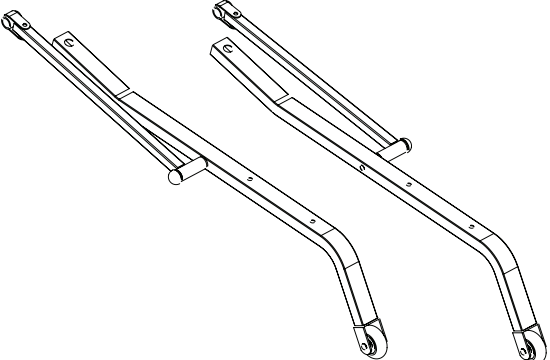
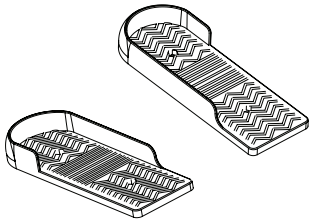
<p>1</p> 	<p>2</p> 	<p>3</p> 
<p>4</p> 	<p>5</p> 	<p>6</p> 
<p>7</p> 	<p>8</p> 	
	<p>9</p> 	

FIGURE 1

Step 1:

Attach the Front Stabilizer (54) onto Main Frame (1) with the carriage screws (35), cap nuts (33), and arc washers (34).

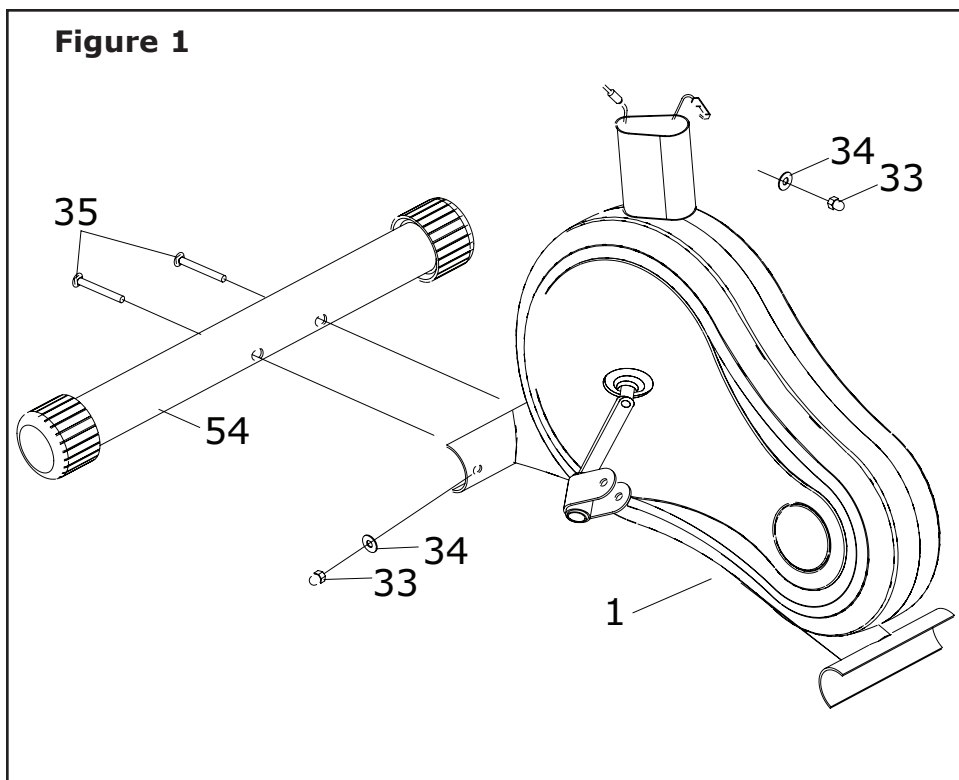


FIGURE 2

Step 1:

Attach the rear frame w/aluminum rails (2) to the main frame (1) and secure it with carriage bolts (35), arc washers (34) and cap nuts (33).

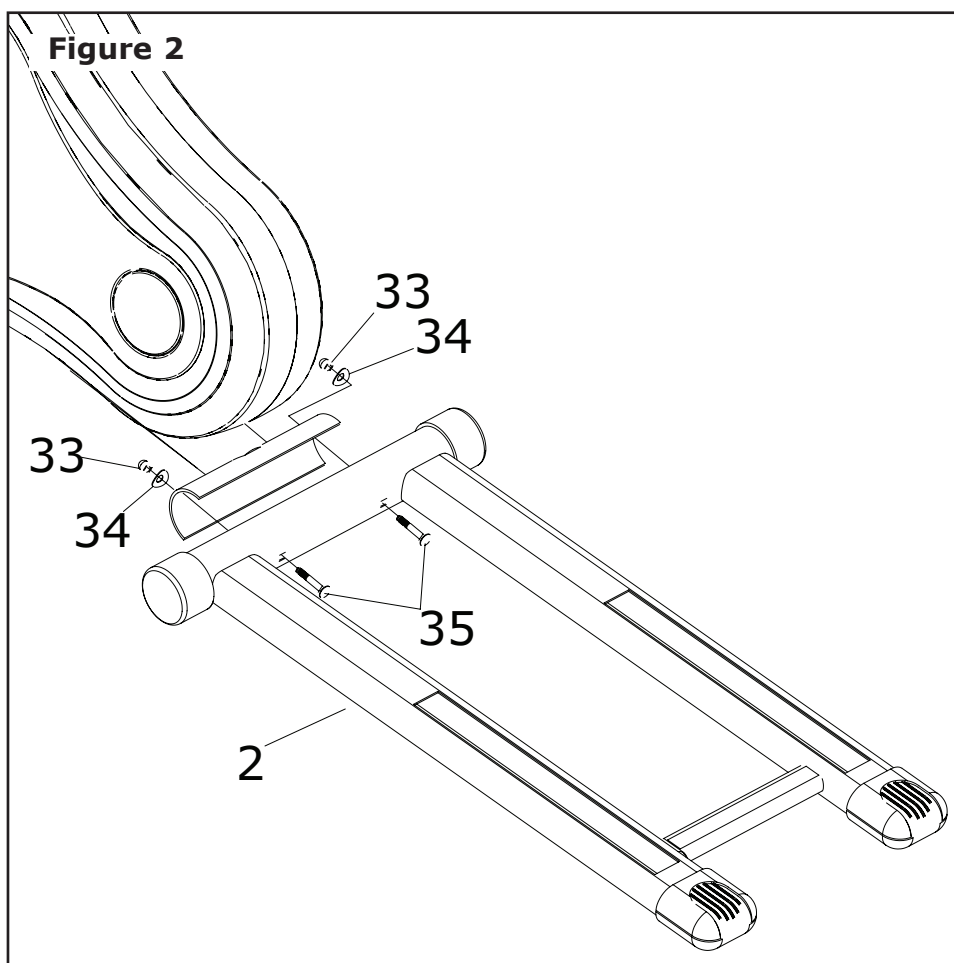


FIGURE 3

Step 1:

Secure left pedal (5a) to left pedal tube (4a) with screws (47), nylock nuts (49) and washers (48). Then secure left pedal tube (4a) to unit by lining up the pedal tube to the axle with screws (50), nylock nuts (49) and washer (48). Repeat on right side.

Figure 3

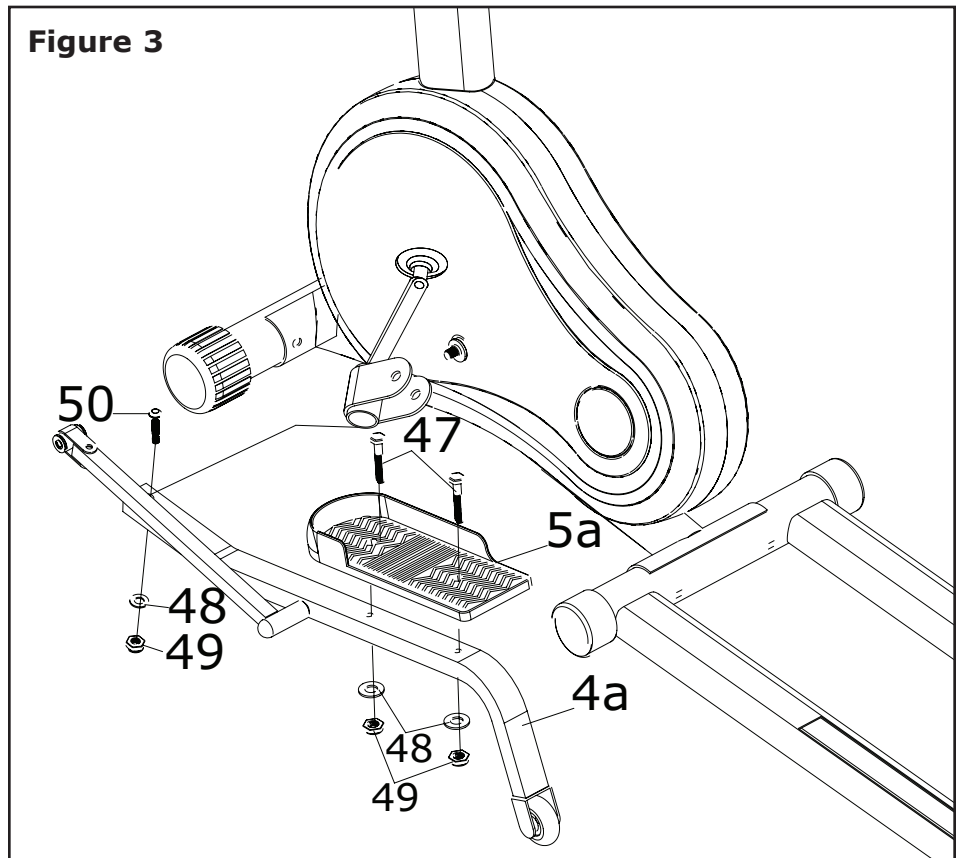


FIGURE 4

Step 1:

Connect the extension wires (72) to the sensor Wires (73); Connect the tension cable (68) to the tension controller (66) as following steps 2-3:

Step 2:

Put the cable end (66) into the spring hook (68). Refer to figure 4A.

Step 3:

Pull the knob and insert the short cable (66) into the gap of the bracket (68) Refer to figure 4B.

Tension is increased by turning the knob clockwise.

Step 4:

Secure the upright post (3) onto Main Frame (1) with Washers (34) and Screws (65).

Figure 4

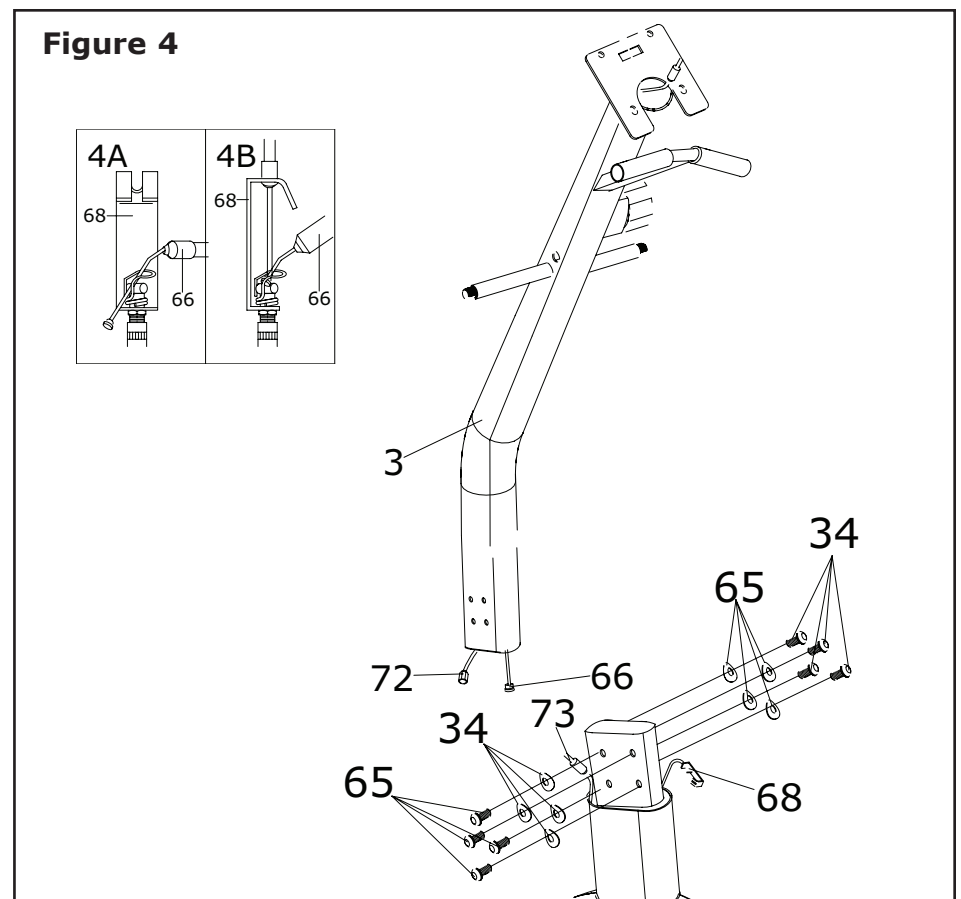


FIGURE 5

Step 1:

Install the left sleeve (6a) to the axle on the upright tube (3) and secure with washer (46), nut (45), and nut cap (44). Connect the pulse wire (42) with the pulse wire (87). Connect pulse wire (88) to the second connector on the pulse wire (87). Connect the upper handlebar (7a) to the lower left handlebar (6a) with carriage bolts (62), washers (63) and cap nuts (64). Attach the pedal tube to the lower left handlebar (6a) with nut caps (67). Finally, insert plastic cap (85) into the opening as shown. Repeat on right side.

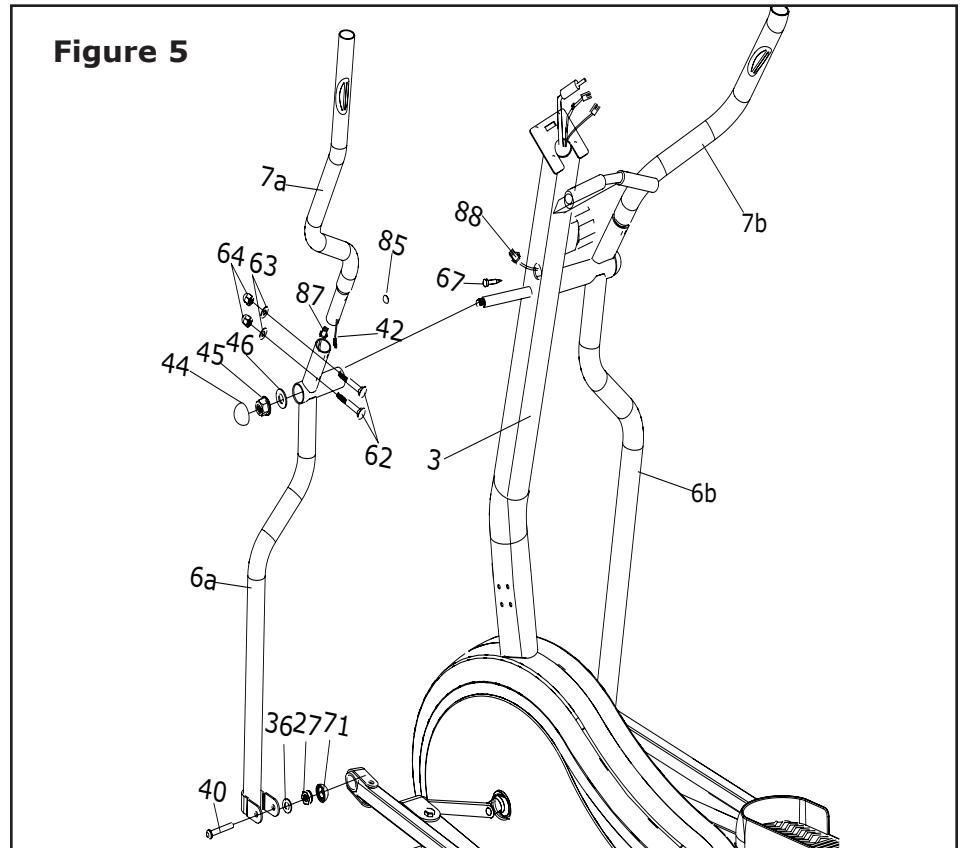
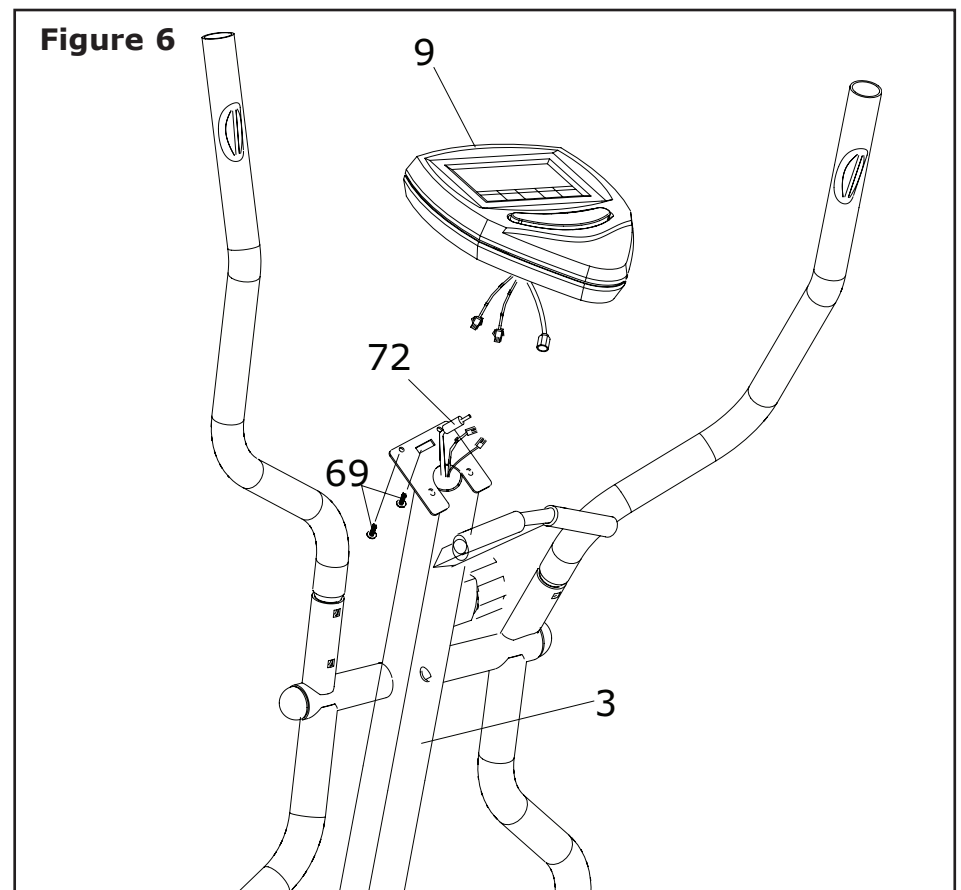
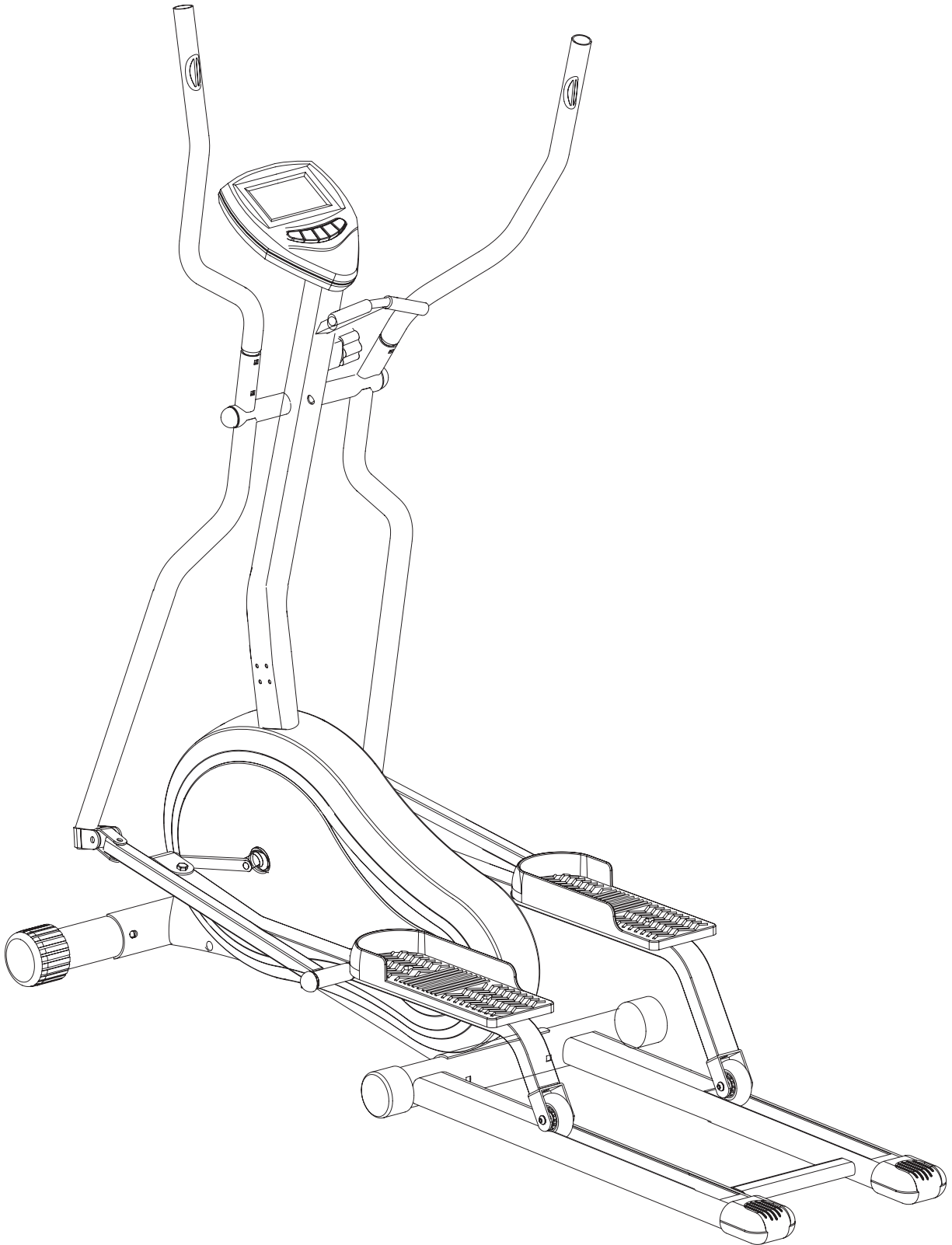


FIGURE 6

Step 1:

Connect the sensor wire (72) and the pulse wires to the console (9). Attach the console (9) to the top of the upright tube (3) and secure it using screws (69) attached to the console.





Congratulations!
You have completed assembly of your new 125E Elliptical!



CONSOLE BUTTONS

ENTER/RESET:

Used to enter edit mode for a setting when using target training. If held for over 3 seconds, will reset console, and change all of the settings back to 0.

PULSE RECOVERY:

Used to enter "Pulse Recovery" mode during workout. This will begin the fitness test. Fitness Test is described in more detail in the following pages.

DOWN and UP:

Use to select which setting will be edited. When editing setting, use to scroll up or down until selected setting is found.

CONSOLE FUNCTIONS

TIME:

Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 1:00 to 99:00.

Console Overview



SPEED:

Display current training speed from 0.0 to maximum 99.9 MPH.

DISTANCE:

Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each Increment 0.1 MPH. Count down - If training with preset target, Distance will count down from preset to 0.00. Each preset increment or decrement is 0.1 MPH between 0.00 to 99.90.

CALORIES:

Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 cal increment. Count down - If training with preset target, Calories will count down from preset calorie to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.

PULSE:

Displays your current heart beat figures as soon as both hands are holding the pulse sensor. The console will detect your heart rate through hand grip sensors.

PULSE RECOVERY:

After exercising for a period of time, keep holding on to the handgrips and press the "PULSE RECOVERY" button. Screen will display your heart rate recovery status with the F1, F2 to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status (Press the RECOVERY button again to return to the main display).

GENERAL INFORMATION

1. Start pedaling or press any button to start Console.
2. The Console will shut down after 4 minutes of no activity. Note: Values will be reset to zero.
3. To Reset Console press and hold the ENTER/RESET button for 5 seconds.
Note: *The values calculated or measured by the console are for exercise purposes only, not for medical purposes.*
4. Console uses two standard AA batteries. To install, remove battery cover located behind console. Replace battery cover when finished installing new batteries.

GETTING STARTED:

Quick Start:

Turn console on by pedaling or pressing any button. To begin working out without setting any targets, start pedaling. The time will begin to count up.

Target Workout:

Turn console on by pedaling or pressing any button. Using the "Up" and "Down" buttons, select the setting you wish to set first (Time, Cal, Pulse), press "Enter/Reset" when ready to edit. The current setting will flash. Use the "Up" and "Down" buttons until desired setting is reached. Press "Enter/Reset" move to next setting. When all desired settings have been entered, start pedaling to begin workout.

Console Overview

FITNESS TEST: (Pulse Recovery Feature)

The fitness test compares your pulse rate before and after training. You will notice that your fitness will improve with regular exercise.

Press the PULSE RECOVERY button immediately after your workout. Grasp the Pulse Grips. Timer will count down from 60 seconds. Your personal fitness will display on the screen.
(F1-F6)

- F1 = Excellent
- F2 = Good
- F3 = Fair
- F4 = Below Average
- F5 = Poor
- F6 = Very Poor

Monitoring Your Heart Rate

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See **Fitness Safety** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety *The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHZ)}$

$\text{MHZ} \times .60 = 60\% \text{ of your maximum heart rate.}$

$\text{MHZ} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

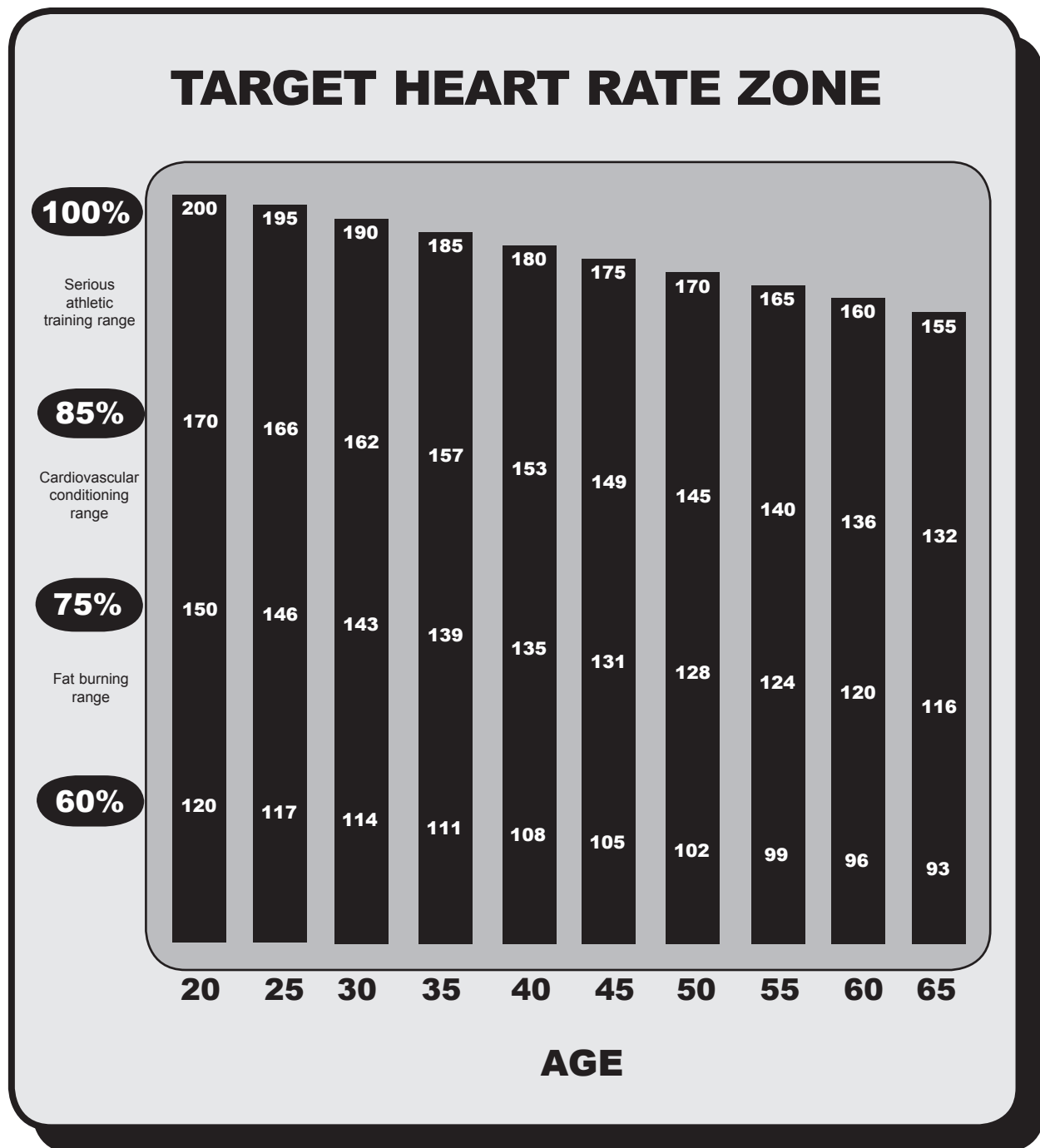
$$220 - 30 = 190$$

$$190 \times .60 = 114 \text{ (low end or 60\% of MHZ)}$$

$$190 \times .75 = 142 \text{ (high end or 75\% of MHZ)}$$

30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table **(on next page)** for additional calculations.

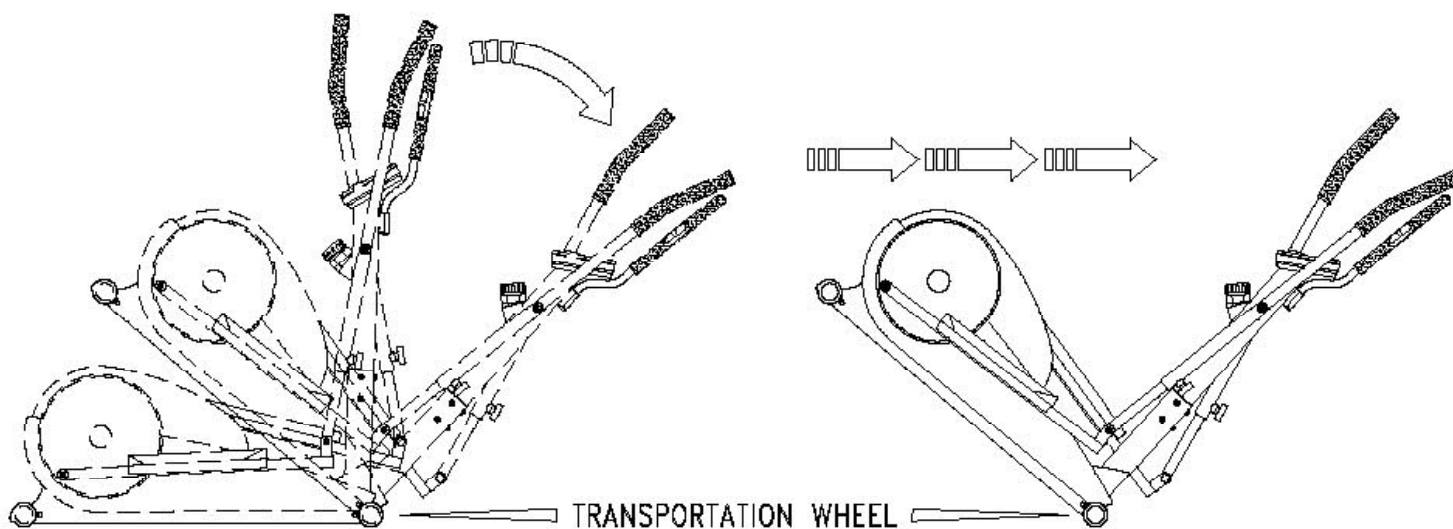


Moving Instructions

CAUTION! TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU LEAN THE UNIT, LIFT USING YOUR LEGS, NOT YOUR BACK.

First, kneel down and grasp the rear support tube with both hands as shown in Figure 1. Next, with a firm grasp on rear support tube stand up bringing the rear of the bike up in the air and tilt the unit until it rolls freely on the transport wheels. Using extreme caution, move the unit to the desired location as shown in Figure 2. Do not attempt to move the unit over an uneven or rough surface.

Note: *The unit you purchased may not be identical to the one pictured.*



Note: This unit may not be identical to your unit.

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.



Prone on Elbows

Lie on your stomach with your feet together. Rest on your forearms with your elbows directly under your shoulders. Relax lower back and abdomen into floor. Hold for 30-60 seconds or until muscles feel looser.



Supine Lumbar Rotation

Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Hold for 30-60 seconds or until muscles feel looser. Repeat on opposite side.



Knees to Chest

Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds. Repeat three to five times.



Cat and Camel

Rest on your hands and knees. Round your back by contracting your abdominal muscles and tucking in your pelvis; hold for five seconds. Then allow your back to sag toward the floor as you lift your chest and head; hold for five seconds. Repeat the combination 10 times



Cervical Side Bends

Tilt your head gently toward one shoulder, keeping your shoulders level and your face pointed straight ahead. Hold for five seconds, then tilt your head toward the other shoulder and hold for five seconds. Repeat five times on each side.

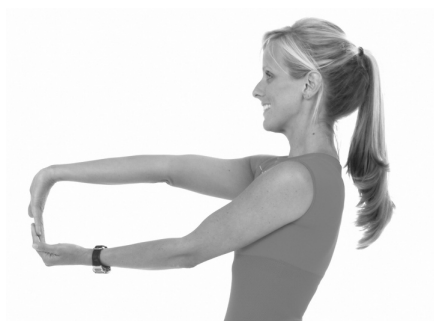


Shoulder Circles

In a smooth, continuous motion, make a circle with your shoulders: Raise them up towards your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.

Warm Up Exercises

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



Wrist Extensor

Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Wrist Flexor

Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Triceps Stretch

Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.



One-Arm Pectoralis Stretch

Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.



Piriformis Stretch

Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.



Groin (Adductors) Stretch

Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.

Warm Up Exercises

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



Calf Stretch

Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and your left knee over your ankle. Hold for 20 seconds; repeat three to five times with each leg.



Standing Quadriceps Stretch

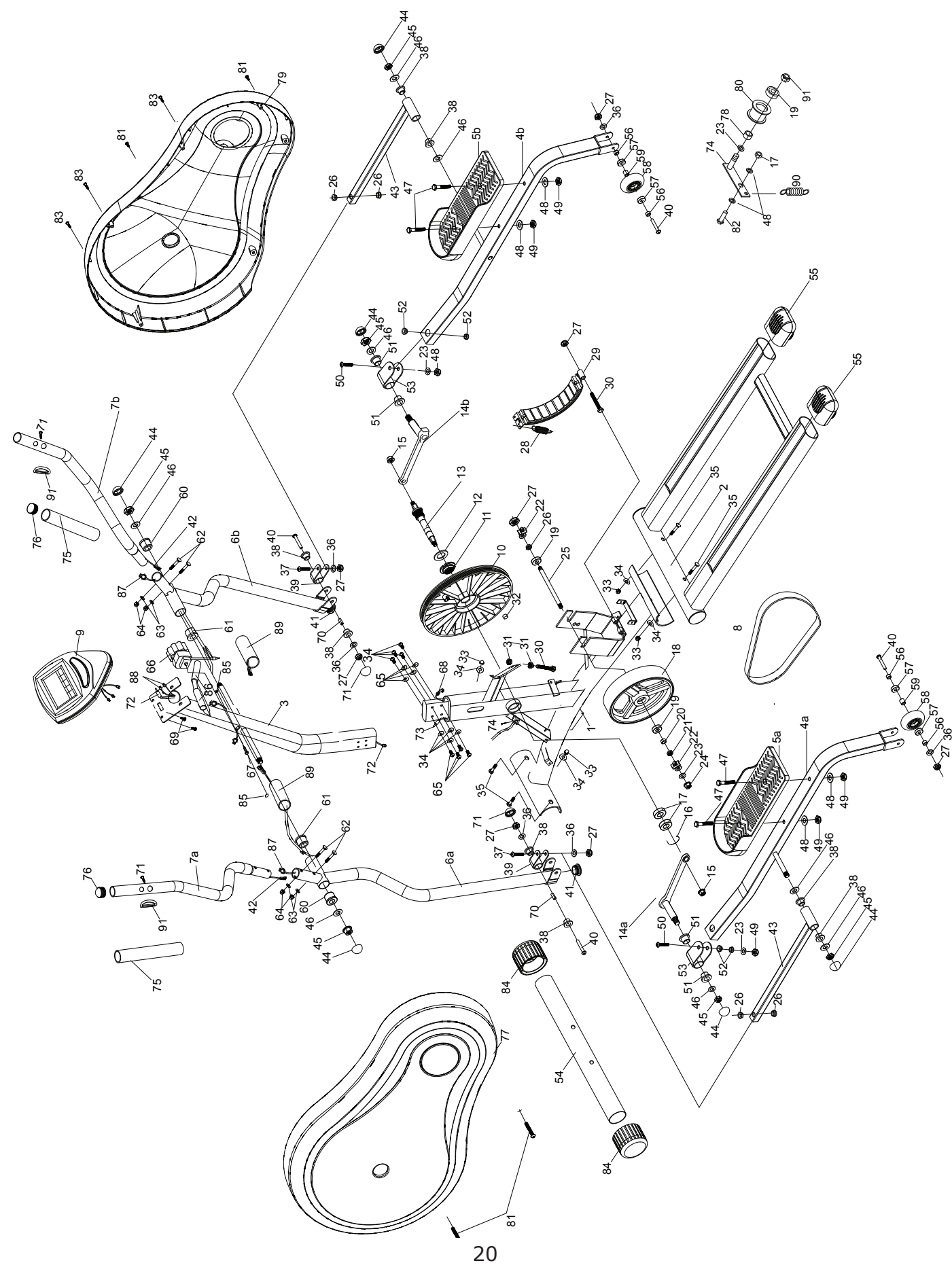
Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until you feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.



Achilles Stretch

Face the wall with your left foot ahead of your right, toes straight ahead. Bend both knees, press your hips forward, and lean into the wall. Keep both heels down and both knees in line with your feet. Hold for 20 seconds; repeat three to five times with each leg.

Exploded View



Parts List



125E PARTS LIST REV. A

Ref #	Parts #	Description	Qty	Ref #	Parts #	Description	Qty
2	323-00529	FRAME, REAR HT440EL/125E	1	45	302-00497	NYLOCK NUT 1/2"	6
3	302-01462	BOLT PACK, HT440EL/125E	1	46	302-00723	WASHER 13X26X2	8
4a	323-00531	TUBE, PEDAL LEFT 27X40X1.5X950 HT440EL/125E	1	47	302-00695	HEX HEAD BOLT, 3/8" X 45	4
4b	323-00532	TUBE, PEDAL RIGHT 27X40X1.5X950 HT440EL/125E	1	48	302-00506	WASHER 10X26X2.0(MM)	6
5a	306-00794	PEDAL, LEFT HT440EL/125E	1	49	302-00519	NYLOCK NUT 3/8"	7
5b	306-00795	PEDAL, RIGHT HT440EL/125E	1	50	302-01116	HEX HEAD BOLT, 3/8"*50	2
6a	323-00533	HANDLEBAR, LOWER LEFT HT440EL/125E	1	51	331-00109	BEARING, CHROME 15.8	4
6b	323-00534	HANDLEBAR, LOWER RIGHT HT440EL/125E	1	52	331-00110	BEARING, CHROME 10X15X7	4
7a	323-00535	HANDLEBAR, UPPER LEFT 28.6X2.0X700 HT440	1	53	319-00375	U-JOINT, PEDAL 75X40X3.0 TUBE HT440EL/125E	2
7b	323-00536	HANDLEBAR, UPPER RIGHT 28.6X2.0X700	1	54	323-00537	FRAME, FRONT 60X1.5X500	1
8	304-00025	BELT, 400J6	1	55	306-00797	CAP. PLASTIC HT440EL/125E	2
9	307-00086	CONSOLE, 120E & 120R	1	56	302-01465	SPACER, SMALL 12.7X8.5X7	4
10	331-00056	OUTSIDE BEARING COLLAR	1	57	331-00111	BEARING, ABECS 608ZZ	4
11	302-01463	BIG WASHER, HT440EL/125E	1	58	323-00538	TUBE, RAIL HT440EL/125E #58	2
12	330-00097	PULLEY AXLE, HT440EL/125E	1	59	302-01466	SPACER, BIG 12.7X8.5X9.8	2
13	311-00095	CRANK, LEFT HT440EL/125E	1	60	306-00799	ROLL, PLASTIC HT440EL/125E	2
14a	311-00096	CRANK, RIGHT HT440EL/125E	1	61	306-00800	ROLL, PLASTIC HT440EL/125E	2
14b	302-00561	NYLOCK NUT M10	2	62	302-01121	CARRIAGE BOLT M6*35 TRI-5.3E	4
15	302-01436	C-CLIP, S-17	1	63	302-00529	WASHER 6X13X1.0(MM)	4
16	331-00009	BEARING 6003Z, BRONZE	2	64	302-01467	CAP, NUT M6	4
17	311-00018	FLYWHEEL (CRANK PULLEY) ALL INNOFIT EXCE	1	65	302-00569	BOLT M8X15	4
18	331-00057	BEARING 6000ZZ	3	66	310-00220	KNOB, TENSION HT440EL/125E	1
19	302-01137	FLYWHEEL SPACER 10*13*4MM CM700	1	67	302-01468	BOLT, TENSION KNOB	1
20	302-00684	BC NUT 3/8"	1	68	319-00377	CABLE, TENSION 1550 HT440EL/125E	1
21	302-01464	ZIP, (#22) HT440EL/125E	2	69	302-01469	BOLT, COMPUTER	2
22	302-00709	WASHER 10X19X1.5	4	70	306-00802	SPACER, HT440EL/125E	2
23	302-00502	NUT 3/8"	1	71	302-01470	BOLT, HT440EL/125E (#71)	2
24	330-00096	AXLE, FLYWHEEL 9.98X126	1	72	313-00395	WIRE, EXTENSION 900MM	1
25	331-00054	GREASED BEARING 8x13x6	5	73	313-00404	WIRE, SENSOR 1350MM	1
26	302-00500	NYLOCK NUT M8	8	74	311-00097	ARM, IDLER HT440EL/125E	1
27	302-00029	SPRING FOR MAGNETIC PLATE CM530/ET530D	1	75	310-00222	GRIP, UPPER FOAM 28.6X3.0X350	2
28	319-00078	MAGNETIC PLATE	1	76	306-00803	CAP, HANDLEBAR 28.6 HT440EL/125E	2
29	323-00530	POST, UPRIGHT 50.8X1.8X750 HT440EL/125E	1	77	305-01608	COVER, PLASTIC LEFT, W/ DECAL 125E/R	1
30	302-00553	HEX HEAD BOLT M8X60MM	2	78	306-00801	SPACER, IDLER HT440EL/125E	1
31	302-00515	NUT M8	2	79	305-01609	COVER, PLASTIC RIGHT, W/ DECAL 125E/R	1
32	302-01145	MAGNET, 12.5 * 5	1	80	310-00223	IDLER, HT440EL/125E	1
33	302-01442	NUT CAP, M8 HT440	4	81	302-00588	BOLT M4X16	4
34	302-00490	ARC WASHER 8X19X1.5 (MM)	8	82	302-00705	HEX HEAD BOLT 3/8 * 25	1
35	302-00658	CARRIAGE SCREW M8X70	4	83	302-01132	SCREW M4*44 TRI-5.3E	3
36	302-00699	WASHER, 8X19X1.5, 120E	6	84	306-00210	WHEEL CAP U/R CM520/530/580 DCV5.2	2
37	302-01104	HEX HEAD BOLT M8*40	2	85	306-00798	PLUG, WIRE 12.5 HT440EL/125E	2
38	331-00108	BEARING, CHROME 12.7	8	86	310-00221	FOAM, 31.8X5X60 L HT440EL/125E	2
39	319-00374	U-JOINT, 26*21*2.5	2	87	313-00405	WIRE, PULSE 1 HT440EL/125E	2
40	302-01107	HEX HEAD BOLT M8*55 TRI-5.3E	4	88	313-00406	WIRE, PULSE 2 HT440EL/125E	2
41	306-00796	CAP, LOWER HANDLEBAR HT440EL/125E	2	89	302-01127	SPACER 12.7*37.1 TRI-5.3E	2
42	313-00403	WIRE, PULSE 500MM	2	90	302-01471	SPRING, IDLER HT440EL/125E	1
43	319-00376	TUBE, JOINT 21.3X21.3X2.0X475 HT440EL/125E	2	91	313-00401	HAND PULSE, PE18 HT440	2
44	306-00797	CAP. PLASTIC HT440EL/125E	6	#	311-00018	FLYWHEEL (CRANK PULLEY) ALL INNOFIT EXCE	1

Warranty Information



Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR IRONMAN FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

Frame: Lifetime

Electronics and *Parts: 1 yr

Missing/Cosmetic Parts: 30 Days

Limited Warranty

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Ironman Fitness Products, L.P. under the Ironman Fitness ("Ironman") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Ironman. Ironman warrants that the Product purchased from Ironman or from an authorized Ironman Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Ironman in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at *initial startup*, under normal use, and during the applicable warranty period, unless otherwise determined by Ironman.

This warranty excludes *expendable parts* if primary cause for warranty claim is wear. *Expendable parts* pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Ironman.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Ironman any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

Exclusive Remedies

During the warranty period listed above, Ironman will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Ironman may replace the parts (with new parts or at the option of Ironman, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required *past the warranty period* listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, Ironman (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Ironman may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Ironman can furnish contact information for local (to your area) Ironman authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Ironman is not responsible for any service repair costs accrued through the use of authorized Ironman service providers at your request or out of the limited warranty period (without written consent from Ironman), beyond the limitations outlined on this warranty.

Replacements and Returns

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Ironman technical service and support staff), Ironman, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. Ironman, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceed standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Ironman.

Conditions and Restrictions

This warranty **DOES NOT** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Ironman or from an authorized Ironman reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Ironman in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Ironman in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Ironman listed, maximum weight limit); (b) use of parts not manufactured or sold by Ironman; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) ***failure to perform (or performing improper) maintenance; (g) service by anyone other than Ironman, or an authorized Ironman warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (j) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

***Parts** is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

****Lifetime** of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

Disclaimer and Release

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, IRONMAN MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IRONMAN EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER IRONMAN NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON IMPLIED WARRANTIES OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS THAT MAY VARY FROM STATE TO STATE. THIS IS THE ONLY EXPRESS WARRANTY APPLICABLE TO IRONMAN-BRANDED PRODUCTS. IRONMAN NEITHER ASSUMES NOR AUTHORIZES ANYONE TO ASSUME FOR IT ANY OTHER EXPRESS WARRANTY.

[illegible]



**Customer Service
1.800.750.IRON
1.800.750.4766**

**Ironman Fitness
4009 Distribution Drive
Suite 250
Garland, TX 75041**

www.ironmanfitness.com